

Picadillo

Submitted by
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*The fresh vegetables in
this dish give ground
meat a nice twist*



Time Saver

Serve with instant brown rice for a complete meal. You may substitute two cups of your favorite frozen vegetables for the vegetables in this recipe.



Health Tip

Add a can of rinsed black or pinto beans to boost fiber and nutrients.

Nutrients per serving:

Calories: 216
Protein: 16 g
Fat: 6.5 g
Saturated fat: 1.8 g
Cholesterol: 60 mg
Sodium: 674 mg
Fiber: 3 g
Carbohydrate: 24 g



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Preparation time: 25 minutes

- 1 pound ground turkey or 7% lean ground beef
- 1 onion, chopped
- 5 small carrots, diced
- 2 medium zucchini or other squash, diced
- 2 medium potatoes, diced
- 1 teaspoon salt
- black pepper to taste
- 1/2 teaspoon cumin
- 1 10-1/2-oz can Mexican style tomato sauce
- 1 teaspoon cornstarch

Brown ground turkey or ground beef in a non stick frying pan. Add onions, carrots, squash, potatoes, salt, pepper, and cumin, sauté for about 5 minutes. Add tomato sauce and just enough water to cover. Bring to a boil, then lower heat and simmer uncovered until vegetables are tender. Dissolve cornstarch in about 1 tablespoon of cold water, add to mixture, bring back to a boil until gravy thickens. Serve.

Serves: 6

Serving size: approximately 1 cup

Estimated cost per serving: \$1.00